

## Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and P



Location South West, Gloucestershire

https://www.freeadsz.co.uk/x-561014-z



With so many benefits, massage therapy is a highly effective method of treatment for both men and women. At Cotswold Chiropractic and Massage Clinic, we offer a selection of treatments at a variety of prices and times.

REFLEXOLOGY

Reflexology is a non-invasive complementary therapy which has been around for over 5000 years. It is based upon the principle that reflex points on the sides, tops and particularly the soles of the feet correspond to areas throughout the body.

Kelly-Jane treats men, women and tots through to teens!

**CHIROPRACTIC** 

Chiropractors specialise in the diagnosis, treatment and management of mechanical conditions of the joints and soft tissues. Emphasis is usually on the spine and the effects on the nervous system. A Chiropractic manipulation (adjustment) is a highly skilled technique, which gently releases stiffness. Pain often occurs when joints stop moving healthily. When a joint is treated and returns to normal healthy movement there is resolution of pain. Most treatments will include some soft tissue work to relax muscles and improve healing.

Aftercare and home advice are often given to maintain the positive effects of treatment and prevent reoccurrence.

**PILATES** 

Our Pilates classes are specifically designed to strengthen, rehabilitate and re-train the deep abdominal,



